Monday, September 15, 2014

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POP STARDOM HASN'T MADE HER A PRINCESS

LORDE STILL DOESN'T WANT ROYAL TREATMENT PAGE 11

'Bid more, win more, host more'

Mayor Jim Watson rolls out second plank of his campaign platform PAGE 3

Leaders meet to plan ISIS strategy

Diplomats in Paris press for global plan to combat Islamic State of Iraq and al-Sham PAGE 8

RAINY FOLK FEST MELTS HEARTS

Heart-stealing chanteuse Cœur de Pirate was among the performers closing Ottawa Folk Fest Sunday. For more on the festival and the role weather played in a colder-than-normal weekend, see page 5. CONTRIBUTED/MARK HORTON

Feds erect barrier over DND Viagra use

Access to Information Act. Blue pills just one of many topics government classifies as cabinet secrets

Sexual dysfunction in the Canadian military is such a sensitive topic for the Harper government that federal officials have stamped all information related to it as a cabinet secret, something not to be revealed to the public.

And there are other subjects the federal Conservatives don't want to talk about: Why their planned $2-billion purchase of armoured vehicles was cancelled, for instance. Or how Canada feels about the proliferation of chemical weapons. Or what Transport Canada thought about rail safety criticism from the auditor general.

Those are just a few subjects on a growing list of seemingly routine reports, memos and documents caught up in an enhanced dragnet of so-called cabinet confidences — imposed, The Canadian Press has learned, by way of a stealthy Treasury Board directive in the summer of 2013.

That quiet policy change required bureaucrats to ask departmental lawyers to decide what constitutes a secret, a decision that used to be made by the Privy Council Office, which oversees cabinet matters. PCO, as it's known, is asked for guidance in "complex cases only."

As a result, the government's blanket of secrecy has grown ever more broad.

The Canadian Press has found dozens of cases from various departments in which reports, briefing materials and emails have been excluded entirely under Section 69 of the Access to Information Act, which gives officials the power to withhold records because they are meant to be seen only by the federal cabinet.

In the case of National Defence, CP was asking for information related to planned cuts in 2012 to the program that provides free Viagra to the military.

There were 61 complaints last year to Suzanne Legault, the country's information commissioner, about the cabinet confidence clause, almost twice the number in 2012. Figures from the commissioner's office show it used the exclusion 2,117 times in 2012-13, a 20 per cent increase over the year before.

Media outlets aren't the only ones having problems. Watchdogs such as the auditor general, the military ombudsman and the parliamentary budget officer are also complaining. THE CANADIAN PRESS

So what if our election's light on the drama?

Steve Collins on why big change is possible, even without a soap opera of a mayoral race PAGE 10

A peachy way to cheer up that chicken breast

Send off summer on a sweet note by grilling up some freestone peaches PAGE 20

Skip the haircut — your future self will thank you

Gail Vaz-Oxlade on why you should cut costs now to plan for a comfortable retirement PAGE 13

Is your job bo-ring? Take it from a zillionaire: Do what you love

OK so he's only a billionaire, but still, Richard Branson knows a thing or two about business PAGE 17

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FIVE THINGS YOU NEED TO KNOW TODAY

1
UNINSPIRED?
Momondays (momondays.com) — Ottawa's weekly motivational speaker series, is moving tonight to new digs at Patty Boland's, 101 Clarence St. Tickets are $20 at the door.

2
UNICYCLE FOR CLIMATE
Joseph Boutilier's 5,000-km "Unity for the Climate" unicycle trip from Victoria, B.C., ends today on Parliament Hill.

3
HE'S BA-ACK...
If you missed the wanton destruction in theatres, now is your chance to see it: Godzilla, the giant lizard, is back Tuesday, this time in Blu-ray and DVD.

4
BIGGEST PAYOFF IN GOLF
With his three-shot victory in the $1.4-million Tour Championship on Sunday, Billy Horschel also sealed the $10-million FedEx Cup bonus.

5
ALL HAIL THE NEW CHIEF
Former cabinet minister Jim Prentice is set to be sworn in today as Alberta's new premier. Former premier Alison Redford resigned in March.

'Things are changing,' says leader of Hollaback! Ottawa

Fourth annual.
SlutWalk draws 150 to protest victim blaming

TREVOR GREENWAY
trevor.greenway@metronews.ca

Protesters take part in the fourth annual Ottawa SlutWalk. The event started in 2011 in response to a Toronto police officer who said women should "avoid dressing like sluts," to avoid unwanted sexual attention. TREVOR GREENWAY/METRO

There has been a string of sexual assault news involving universities in Ottawa in recent months, but an Ottawa feminist says progress is being made in the fight against rape culture.

Julie Lalonde of Hollaback! Ottawa said it was "encouraging" to see about 150 people turn out Sunday for Ottawa's fourth annual SlutWalk, but she says there is far more work to be done to end victim blaming and sexual violence against women.

"I think things are changing actually," Lalonde said at the Sunday march. "I think the fact that we are actually having a conversation and we are naming it 'rape culture' is super-encouraging. We need more conversations about consent. We need education with young people."

Lalonde said it was especially encouraging to see men join the walk — most of whom toted signs with the words "Feminism" or "Real men fight for gender equality," written across them.

"I think it's important to have a male presence at things like this because it's mostly males that shame women," Joe Lyko told Metro. "We are mostly the ones to blame."

With the recent sexual assault scandals around the University of Ottawa's hockey team, the "F*ck Safe Space" T-shirts at Carleton university and the Carleton student who was charged with three counts of sexual assault last week, Lalonde says now is the best time to have conversations around rape culture, but she says it has to start with men's behaviour.

"Rather than what we do, which is react to sexual violence after the fact and tell women the onus is on them, we really need to flip the script," she said.

'Dressing like sluts'

SlutWalk started in 2011 as a reaction to a Toronto police officer's comments that women shouldn't be "dressing like sluts."

Incumbent Watson touts tourism platform

Incumbent mayor Jim Watson
SEAN MCKIBBON/METRO

Ottawa will pursue more large-scale events to draw tourism — and put more money into the effort — if Jim Watson is re-elected.

That was the incumbent mayor's pledge Sunday as he revealed a second plank in his re-election campaign: To boost annual spending by up to $1.5 million on the "bid more, win more, host more" strategy and to appoint a councillor to a newly created position of "sports commissioner," to spearhead bids on events such as the NHL classic and the Grey Cup. Watson said money for the increased spending would come from savings realized in an upload agreement with the province.

Watson said the commissioner would be a four-year, voluntary ambassador position for a councillor who would be tasked with going out to "beat the bushes" for large sporting events. Watson said Ottawa's infrastructure has improved, and the spin-off benefits dwarf the initial bid investments made by host cities. He touted an increase of 7,900 tourism jobs between 2009 and 2013 as evidence that building the sector would be worthwhile.

He proposes hosting a tourism summit in 2015 to focus on new ways to attract visitors to the city.

"Eight million visitors a year should be the new normal," he said. "Ten years ago there wasn't a lot of bidding for these events. It was just if you want it, you got it. Now cities are realizing this is big business and we're out there competing with a lot of other cities." SEAN MCKIBBON/METRO

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Honouring fallen firefighters

Five-year-old Payton Baron looks on Sunday as the memorial firefighters' helmet honouring her grandfather, fallen firefighter Antonuis Lippers, deputy fire chief of the Caledon, Ont. Fire Department, is handed over to family members during a memorial service for fallen firefighters in Ottawa.

FRED CHARTRAND/THE CANADIAN PRESS

War hero with PTSD now faces legal problems

Cornwall. Ex-soldier has had troubled life since return from Kandahar

A former Canadian soldier who received one of the country's highest decorations for bravery was released on bail Friday in Cornwall in an unfolding legal tangle that has ensnared his parents.

Collin Fitzgerald, 35, a former master corporal who received the Medal of Military Valour during a perilous battle in Kandahar, was charged in June with criminal harassment and intimidating a police officer.

Fitzgerald, who was also charged the following month with breaching his bail conditions, suffers from severe post-traumatic stress disorder and has spent more than a month at the Royal Ottawa Hospital.

In May 2006, he saved the lives of three platoon mates by dragging them from a burning armoured vehicle during a Taliban ambush.

Fitzgerald of Morrisburg, Ont., took his release from the military a few years ago, but has since faced a number of legal problems.

His father, Bryan, was charged last July with obstruction of justice, for allegedly not getting out of the way quickly enough when the Ontario Provincial Police took his son back into custody.

He says police consider his son a threat to public safety and claims they've been harassing him.

Fitzgerald was re-arrested in July for allegedly breaching an earlier bail condition that required him to go nowhere near the home he and his estranged wife own in nearby Iroquois, Ont. — an allegation his father disputes.

The young soldier has led a troubled life since returning from Afghanistan.

He was arrested six years later following a five-hour standoff with police at his home in Iroquois.

Bryan Fitzgerald claims to have done nothing wrong and denies allegations he obstructed the arresting officers, who raided his home in full tactical gear.

THE CANADIAN PRESS

Collin Fitzgerald acknowledges a standing ovation from Members of Parliament following Question Period in the House of Commons in Ottawa, on Feb 19, 2007. THE CANADIAN PRESS

The National's lead singer Matt Berninger pours his voice into a mic Friday night. COURTESY MARK HORTON

50,000-plus flock to Ottawa Folk Fest

Concertgoers ignore wet weather. Lorde, The National, Serena Ryder biggest draws

TREVOR GREENWAY
trevor.greenway@metronews.ca

It may have been cold, wet and windy, but that didn't stop music fans from packing Hog's Back Park to see headliners The National, Serena Ryder and Lorde at Ottawa Folk Fest.

Festival executive director Mark Monahan said that more than 50,000 concertgoers attended the festival over its five-day run in the city — most of them packed like sardines to see a performance by 17-year-old New Zealand phenom Ella Marija Lani Yelich-O'Connor, better known as Lorde.

"The biggest single draw was Lorde," said Monahan. "She was the one who really brought people in ... People who saw her loved her. The stage presence for someone her age is right up there with any veteran."

Festival organizers pushed this year's concert back a week to fight festival fatigue from an event-packed August and to get away from Labour Day week.

And although a week did make a substantial difference in terms of temperature, Monahan said numbers this year were slightly higher than last year and it's all credited to the lineup. Thursday and Friday at the festival, which featured Lorde and the National respectively, drew more than 15,000 people each night.

"It's the entertainment," he added. "The National, J. Cole, that whole Friday night worked — wow."

Monahan said through a fit of laughter that his highlight all weekend was Sunday afternoon, "when the sun came out."

Philadelphia band The War on Drugs and Newfoundland's Hey Rosetta! closed out the festival Sunday.

'It can do better.' Mould closes Canada Science and Technology Museum

The Canada Science and Technology Museum should be in a modern building closer to the downtown core, said Ottawa Mayor Jim Watson after the facility was closed indefinitely due to mould on Thursday.

"It's an old bread factory and this is just one of the problems that the facility has encountered," he said. "It's a great facility. I love going there. Kids love going there, but clearly it's completely off the beaten track from a tourism point of view, and I think it can do better."

According to a statement posted to the museum's website, CSTM staff were evacuated on Thursday after tests revealed "unacceptable levels of airborne mould" in the building. During an annual early September closure for maintenance, tests showed mould in the south wall.

Museum spokesman Olivier Bouffard said it was due to water that leaked through that south wall. The exhibits are staying put for now because no one is allowed inside the building, he said.

There are no plans to relocate. But Watson said he thinks Lebreton Flats would be a "fantastic location." He said he met with former heritage minister James Moore about relocating the museum, but had yet to meet with current minister Shelly Glover.

The sign for the Canada Science and Technology Museum is seen in this photo. PAWEL DWULIT/THE CANADIAN PRESS

The museum opened in 1967 and is the largest of its kind in Canada.

Last year, workers had to install a seal to deal with an asbestos problem.

LUCY SCHOLEY/METRO

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Absent Ford brothers still a strong presence at Toronto mayoral debate

Elephants in the room. Candidates trade barbs about political family as current mayor remains in hospital with tumour

Rob Ford may be out of the Toronto mayoralty race and his brother Doug not beginning his campaign until Monday, but both Ford brothers were front and centre at a feisty debate Sunday in Toronto.

Doug Ford — who has announced he will replace his brother Rob in the campaign because of his brother's diagnosis of a tumour in his abdomen — was at his brother's bedside on Sunday and not in attendance at the debate.

Nevertheless, the Fords were very present (the elephants in the room, so to speak) as the debate got underway.

Ahead from bed

Though Rob Ford is in the hospital, a new poll shows he already has a healthy lead in the race for the Ward 2 seat.

- Some 59 per cent of those polled Saturday in Etobicoke North said they intend to vote for Ford on Oct. 27, well ahead of the main challenger, Andray Domise, with 26 per cent.

They were the target of many of the barbs and criticisms from other candidates.

Both Olivia Chow and John Tory took jabs at the Ford brothers and each other as they debated their vision for Toronto. The third candidate, Ari Goldkind, who used the opportunity to convince voters he was a viable alternative for mayor, also deftly parried a zinger or two about the Fords.

Doug Ford waits for family members to join him on Friday, before speaking to the media outside his mother's home in the west end of Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Chow slammed both the Fords at the very beginning of the debate. "We have four years of the Ford brothers doing a lot of damage in this city," she told the 500-plus crowd. Tory didn't hold back either, saying the cutbacks in the Ford era were one of the reasons for the decrease in funding for the urban tree-planting program in the city.

Despite different platforms and campaign strategies, all three candidates were united in one idea — to begin a new era of politics at city hall.

TORSTAR NEWS SERVICE

What's his platform?

Doug Ford to Toronto: 'Stay tuned'

As Rob Ford was holed up in a hospital room awaiting a diagnosis on his tumour, his brother was promising to unleash a campaign that will aim to unseat the family's opponents.

Doug Ford told reporters assembled outside Mount Sinai Hospital that they should "stay tuned" for his campaign platform, to be announced Monday.

The platform's content is a mystery to Torontonians, who have been swept up in the family's chaos since the beginning of the week.

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Quebec intently watches Scots' sovereignty vote

Separatists-in-arms. Quebec's separatists will be cheering on the Scots during their Thursday sovereignty vote

Quebecers who have spent decades fighting to form their own country, without success, are now finding themselves living vicariously through the Scots.

As the Scottish referendum nears, the strong push by Scotland's separation movement has been a source of inspiration for Quebec's sovereigntist cause at a time when it finds itself battered and fragmented.

The Parti Québécois suffered a historic electoral defeat last spring and some prominent secessionists have debated openly whether to shelve their referendum ambitions for the time being.

Police watch a fire burn underneath a "Oui" pro-separatist sign following the 1995 Quebec referendum.
TOM HANSON/THE CANDIAN PRESS

Looking at Scotland, separatists defeated in Canada's referendums in 1980 and 1995 have been reflecting on what could have been.

"We should have done it before the Scots," said Daniel Turp, a senior member of the pro-independence forces during the '95 campaign. "Obviously they're doing very well. I just hope they win."

The Scots' Yes campaign will have a cheering section from Quebec during this Thursday's referendum in the form of Turp and members of the PQ and Bloc Québécois. They will be among Quebecers who plan to be in Scotland on voting day. They've also been taking notes.

"They've led a very positive campaign," said Turp. "I think we need to learn from that if Quebec wants to be a country."

THE CANADIAN PRESS

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Global powers plan fight against ISIS

Promises of airstrikes but no ground troops. Nearly 40 countries agree to help combat the Islamic State of Iraq and al-Sham

Newly outraged by the beheading of yet another Western hostage, diplomats from around the world are in Paris pressing for a coherent global strategy to combat extremists from the Islamic State of Iraq and al-Sham (ISIS) — minus two of the main players and without any ground troops — in a conflict that threatens to spill beyond the Mideast.

U.S. Secretary of State John Kerry has been pressuring allies ahead of a conference Monday to show a united front, especially from majority-Muslim nations, saying nearly 40 countries agreed to contribute to a worldwide fight to defeat the militants before they gain more territory in Iraq and Syria.

The White House said Sunday it would find allies willing to send combat forces — something the United States has ruled out — but that it was too early to identify them. The U.S. has so far been alone in carrying out airstrikes.

Several Arab countries offered to conduct airstrikes against ISIS, according to a State Department official travelling with Kerry who briefed reporters on condition of anonymity to discuss diplomat developments during his trip.

A second official gave some examples of what the U.S. would consider a military contribution: providing arms, any kind of training activity and airstrikes.

Muslim-majority countries are considered vital to any operation, although previously there have been only vague offers of help. Iran was struck off the invitation list, and Western officials have made clear they consider Syria's government part of the problem.

"Ultimately, this is a fight within Islam, within Sunni Islam," White House chief of staff Denis McDonough told Fox News on Sunday.

THE ASSOCIATED PRESS

Quoted

"They are not Muslims, they are monsters."

U.K. Prime Minister David Cameron, on the killing of David Haines, a British aid worker held hostage by militants. Haines was the third Westerner to be killed by the extremists, after two American journalists.

Black market earnings

$3M

ISIS is a magnet for Muslim extremists from all over the world and rakes in more than $3 million a day from oil smuggling, human trafficking, theft and extortion, according to U.S. intelligence officials and private experts.

Gaza children return to school 2 weeks late

Palestinian school boys drink iced juice Sunday as they sit on the damaged wall of a school in Gaza City's Shijaiyah neighborhood. Some half-million Gaza children made a delayed return to school on Sunday after a devastating 50-day war with Israel that killed more than 2,100 Palestinians and damaged hundreds of school buildings. KHALIL HAMRA/THE ASSOCIATED PRESS

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Tomato/tomato: Protest or party?

Participants hurl tomatoes in front of the Netherlands' Royal Palace Sunday, turning Amsterdam's central Dam Square into a red pulpy mess. Entrepreneurs have seized upon Russia's boycott of European produce to set up a tomato-throwing fight. The idea is lifted from Spain's famed annual "La Tomatina" festival. The Dutch event is being marketed as a protest, but participants say they're mostly looking forward to smacking friends and strangers with overripe tomatoes. Wearing goggles is strongly advised. PETER DEJONG/THE ASSOCIATED PRESS

What's in store for Alibaba after IPO?

HOW TO ROLL
Alison Griffiths
metronews.ca

It'll likely take only seconds for investors to fork out a whopping $32 billion US on shares of Alibaba when the Chinese e-commerce gorilla becomes a public company on Friday.

That amount includes some 368 million shares that will be issued with Alibaba's gargantuan, record-setting initial public offering (IPO), plus the nearly 122 million shares that Yahoo Inc. will be selling. Yahoo currently owns 23 per cent of the company.

Founder Jack Ma will be unloading stock, too, though the amount hasn't been established.

If you are hoping to scoop up some shares at the estimated IPO price of $60 to $66, you can forget it. Rumour has it that the entire IPO has been spoken for or "taken up," as they say on the Street. Though you might have a shot at the stock Yahoo and Ma are selling.

Biggest U.S. IPO's ever

- **2014.** Alibaba Group Holding Ltd., $20.1 billion US (expected)
- **2012.** Facebook Inc., $16 billion
- **2010.** General Motors Co., $15.8 billion

Wall Street is positively quivering over expectations of a "pop" or stock surge. The business of The Pop is a stock market sideshow, as investors (read mega-financial firms, institutional investors, etc.) stand to gain billions in the blink of an eye.

Of course, it could go the other way. Remember Facebook's face plant in 2012? The IPO debuted at $38 and quickly dropped by half. Still, the patient money is laughing, as Facebook now trades at nearly $80.

Call me a skeptic, but the numbers are a worry. For example, Bloomberg.com notes that Alibaba's operating income shot up 42 per cent in the second quarter of 2014, more than that of eBay and Amazon combined.

Net income has tripled and profit margins are 54 per cent. Putting the latter in perspective, margins at eBay are nearly 27 per cent while Amazon's are under six per cent.

The skeptical can't help wondering if any company, even one located in the massively expanding Asian market, could actually grow that quickly.

Ma soothed many last week when he noted Alibaba is being listed in New York rather than Hong Kong, because of the far more rigorous U.S. regulations.

That makes me feel better. Wait a minute! What about that little financial collapse on Wall Street in 2008? So much for regulations.

Scots find breaking up is hard to do

If Scots vote yes to separation on Thursday, a clock starts ticking down to March 24, 2016 — the independence day declared by the Scottish government.

The British and Scottish administrations have agreed that they will recognize the outcome of the referendum and appoint negotiators to work out the details of separation "in the best interests of the people of Scotland and of the rest of the United Kingdom."

But there is disagreement on many issues, and only 18 months to redraft laws, establish international agreements and work out relationships with international organizations.

Two of the key issues:

Dividing the assets

The Yes and No campaigns have very different assessments of Scotland's financial picture, including its share of Britain's national debt and North Sea oil reserves.

The pro-independence Scottish government says Scotland would be entitled to 90 per cent of Britain's oil wealth — based on divvying up the two countries' waters — but only liable for about 8 per cent of its $2.1 trillion US national debt, based on its share of the U.K. population.

The British government disputes this, pointing out that Scotland has higher per capita public-sector spending than England.

Country clubs

Salmond says that Scotland wants to remain in the United Nations, the European Union and NATO, and he anticipates little difficulty in keeping those seats.

Opponents say re-admission cannot be guaranteed. NATO, in particular, may be perturbed by Salmond's promise to remove nuclear weapons from Scottish territory.

That's not so much a problem for Scotland — nuclear weapons are not a membership requirement — as for Britain, whose entire nuclear arsenal is based aboard submarines at the Faslane naval base in western Scotland.

THE ASSOCIATED PRESS

Electrifying idea

City gets 100% of electricity from renewable sources

Vermont's largest city has a new success to add to its list of socially conscious achievements: 100 per cent of its electricity comes from renewable sources. The Burlington Electric Department crossed the threshold this month with the purchase of a nearby hydroelectric project. THE ASSOCIATED PRESS

New magazine

Ricardo cooks up English version of his food mag

After publishing a food magazine for 13 years in French, Ricardo Larrivée (who writes a food column for Metro News) is launching an English version.

The premiere issue of the food-dedicated magazine Ricardo, is set to hit store shelves today.

THE CANADIAN PRESS

Did LG do damage?

Samsung execs in a lather over alleged vandalism by rival

Samsung Electronics Co. has accused senior executives of domestic rival LG Electronics Inc. of intentionally vandalizing its washing machines at retail stores in Germany and has asked for an official investigation.

THE ASSOCIATED PRESS

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ELECTION FEVER? T.O. CAN KEEP IT

URBAN COMPASS

Steve Collins
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Toronto's unquestionably got it over Ottawa in terms of election drama this year, with Mayor Rob Ford's 11th-hour drop-out from the mayoral race and brother Doug's drop-in only the latest twists in that family's (and the city's) ongoing soap opera.

Anyone waiting for similar excitement here as the clocked ticked down on Friday's registration deadline would still be waiting, I guess. A handful of last-minute candidates filed their papers, without undue fuss and certainly no requirement to run a gauntlet of overheated media. It could be argued that Ottawa 2014 doesn't compare favourably even to Ottawa 2010, when 20 candidates were shooting for former mayor Larry O'Brien's job, with such prominent challengers as Jim Watson, veteran councillor Clive Doucet and one-time regional chair Andrew Haydon, whose name adorns city council's meeting chamber.

Apart from Watson, name recognition is considerably lighter among this year's eight candidates on the mayoral ballot, though a few voters will recognize returning candidate Mike Maguire, who last time finished fifth, with a little over two per cent of the vote.

The lesser-known challengers have only a few weeks to make an impression on voters, and it's doubtful anybody's going to do it, as Maguire and others have attempted, by raising such small-ball issues as whether weekly garbage collection should be reinstated. It seems unlikely that even those who are still peeved by the service cut are ready to storm city hall over it, but you never know. The situation looks more competitive around the council table, where six councillors have retired and a record 124 candidates have lined up to run in 23 wards.

The incumbents on council can rightly and proudly campaign on the progress they made on the long-delayed light rail and Lansdowne projects, and may understandably be less emphatic about, say, the protracted and divisive casino shemozzle. Incumbency can be a powerful factor in municipal elections, where a lack of formal political party organization or platform pushes the individual candidate further upfront. In the 2006 election, not a single city council incumbent running for re-election lost. But as 2010's election demonstrated, incumbency isn't everything. Three sitting councillors decided not to stand for re-election and another six were pushed out by voters, as was O'Brien, resulting in a significant turnover.

Those upsets reminded us that big changes are possible, and even might have encouraged this year's bumper crop of contenders, but will voters show up? Last time out, just over half of us — 54 per cent — found the time, and that lame performance was a record high.

I note with ongoing embarrassment that I wasn't among them, having been out of town on Election Day. I was too busy for advance polls, had just moved to a new ward and, oh, the pile of excuses I had. It was half-assed citizenship, plain and simple.

So I'll spare you the get-out-and-vote pep talk in favour of just showing up and doing the civic job myself on Oct. 27.

And Toronto can have the excitement. We're choosing a government, not casting a reality show. It's not always a thrilling task, but it's an important one.

Honouring Amy Winehouse

A new statue of the late singer Amy Winehouse was unveiled Sunday in Camden's Stables Market, London, England. Three years after her death, the event coincided with what would have been her 31st birthday.
TIM IRELAND/THE ASSOCIATED PRESS

Late, great singer commemorated in bronze in London

Late singer Amy Winehouse has been honoured on what would have been her 31st birthday, with a life-size statue in her beloved Camden Town neighbourhood of north London.

Winehouse's many fans will have no problem recognizing the singer, who is portrayed sporting her distinctive beehive hairdo.

Winehouse's father Mitch Winehouse said Sunday it was "incredibly emotional" to see the statue.

Winehouse died three years ago after battling drug and alcohol abuse.

Her family has set up a foundation to help young people struggling with similar problems. THE ASSOCIATED PRESS

Quoted

"It is like stopping her in a beautiful moment in time.... We really hope Amy's fans love the statue."

Mitch Winehouse

MetroTube

metro AR

This is what we waited for

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Musician Andrew Huang is saying hello to his German friends, by rolling out a red-balloon-fuelled cover version of 99 Red Balloons by their countrywoman, Nena. The whole thing is a way to promote his tour of Germany, which he's following up with a few stops in England. That means we can look forward to We Will Rock You, played on stones — or Parklife, played spliced together from Hyde Park ranting. (Andrew Huang/YouTube)

Letters

Re: Vancouver feminists up in arms over Naked Sushi, published Sept. 10, 2014 (Naked sushi) is as perhaps as 'ancient' as the Honda civic, but newer than Astroboy. I have never found someone able to prove that the practice existed before the 1980s economic bubble in Japan, where it seems to have spread from Yakuza circles to some male-only executive night outs. Even the 'proof' that it existed in the early 1980s is based on the memory of a single reporter on Yakuza events, who recalled more than a decade later that he had once seen it done then. Before that, I can find no trace of the practice in painting, literature, history, journalism or any other source. So, enjoy your modern Japanese gastrofetish. Just stop trying to give it pastiche of 'ancient', unless by 'ancient', you mean like Duran Duran. **Davi, posted to metronews.ca**

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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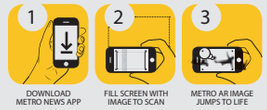

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Pop's new princess still a Lorde at heart

No royal blood. New Zealand teenager talks about her success, her creative impulses and the nature of celebrity

PAT HEALY
Metro Boston

metro AR If you haven't heard Springsteen cover Royals yet, scan this photo using your Metro News app to see a video of his performance.
GETTY IMAGES

Within the past 12 months, Ella Yelich-O'Connor has watched her debut single reach No. 1 and her debut album go platinum in the United States and New Zealand.

She has also sung a Nirvana song with surviving members of the band and watched Bruce Springsteen cover her biggest hit.

But despite this meteoric rise in popularity, the 17-year-old who calls herself Lorde promises she hasn't caved into the indulgences she criticized in Royals, the song that first put her on the map at this time last year. At least not all of them.

What's the most hypocritical thing you've done with your fame? The first line in Royals is, "I've never seen a diamond in the flesh," but surely you have by now.
Well I have, because my mom got engaged to my dad, so I've seen one of those now.

That's a real thing! She had never had a diamond ring before, so that line was for real!

But to be honest, I try to live as normally and simply as I can, because it's still kind of weird to me all the extravagance you see in this business.

I don't really buy anything. I still think $100 is a lot of money, because it is a lot of money.

It seems kind of crazy to just change your standards and your minimums and maximums just because you have more of stuff.

Do you ever have time to sleep in this new bed?
Yeah, I do. I've probably slept in it like 100 times.

So you haven't trashed a hotel room yet? No Grey Goose or trippin' in the bathroom?
Not only do I not trash hotel rooms, but I actually try to clean them before I leave. Because I'm like, "Nobody should have to clean up my mess!" so I try to do it a little bit.

Out of all of the experiences you've been a part of in the past year, what stands out the most?
People always ask me that, and I often struggle to find something because when you are in these crazy situations every day, you just have to find a way to make them normal, because if you don't, you're just going to go insane.

But, to me, awards shows are always crazy, like just being at the VMAs.

That, to me, was very much like, "What am I doing here? How come I am allowed access to this room?"

There's a line in your more recent single, Tennis Court, where you say "Everything's cool when we're all in line for the throne, but I know it's not forever." Are you talking about fleeting fame there?
That line was more in reference to knowing that what I had with my friends and what we had in our hometown that felt like this kind of sanctuary to us wasn't going to last.

But it totally applies to fame as well.

Ebooks

What If?

By. Randall Munroe

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
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Using an imaginative wit and stick figure comics, website xkcd answers people's silly, hypothetical questions about love, gravity, fire tornadoes, and speed-of-light baseballs. It's intelligent, wisecracking science that, unlike most web distractions, actually makes for deep reading. Sure, most of it is online for free but, as a book, it's easier to gift, cherish and encourage Munroe to keep writing.

Married with Children

Bumbling Bud may get spinoff

Much of the Married... With Children cast moved on to big things after it went off the air in 1997. Ed O'Neill landed Modern Family, Katey Sagal got a big part in Sons of Anarchy, and Christina Applegate has had leading roles in the Anchorman movies. Poor David Faustino, who played the hapless Bud, virtually disappeared. But there's talk that Bud's character might get a spinoff show and Applegate has hinted something is indeed in the works. "We're going to do something with Dave maybe. I don't know if it will be in character," she told the E! network.
THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kanye West ALL PHOTOS: GETTY IMAGES

Kanye West shows us he's a real stand up guy

Maybe we can blame this one on the migraine, too. Kanye West is drawing ire for halting a performance in Sydney when his demand that every single person in the arena get on their feet wasn't met due to two unco-operative fans. "I can't do this show until everybody stand up," West told the crowd. "Unless you got a handicap pass and you get special parking and s—." Yeah, about that. West apparently spotted two audience members who were still seated, and when he singled them out, one waved her prosthetic limb at him, prompting an appropriate response from West of, "OK, you fine." He then turned his attention to the second one despite others trying to signal that the fan was actually wheelchair-bound and not just recalcitrant. According to the Daily Mail Australia, West would not continue with the show until he had staff confirm the non-standing offender was indeed in a wheelchair. He's nothing if not thorough.

Beyoncé and Jay-Z

Maybe a baby will quiet Bey and Jay breakup talk?

Divorce rumours were apparently just a summer thing, as Jay-Z and Beyoncé have a new look for fall: pregnancy talk! The rapper has launched new rounds of bun-in-the-oven speculation after a recent Paris concert where he changed one of the lyrics in Beach is Better to say, "'Cause she pregnant with another one."

Sneaky one, that Jay-Z. But according to OK! magazine, there's more than hidden messages in songs going on. "For the last month, Jay has been fiercely protective of her, just like he was when she was expecting Blue Ivy," a source says. "He's been doing everything he can to ensure that Bey is in a stress-free bubble. He's informed their entire entourage that they need to use relaxed voices, mellow lighting and listen to only soft music, and he's said that all of the food Beyoncé eats should be organic. He's really doing his best to make sure that she's as comfortable and healthy as possible."

The Word

Ariana has a Grande list of off-limits interview topics

STARGAZING
Malene Arpe
scene@metronews.ca

Subjects not allowed when interviewing Ariana Grande include dating, ex-boyfriends, her work on Sam & Cat, her co-star on Sam & Cat, and working with Justin Bieber. I don't blame her and have no doubt her fans would rather hear what she has to say about the Dow Jones and cod.

Cara Delevingne gets a tattoo of the word "bacon" on her foot. Bit of a mix-up. It was supposed to say "grumpy model" but the tattoo artist is a bad speller.

Kim Kardashian says that both Pharrell and Anna Wintour encouraged her and Kanye West to name their daughter North. That explains why Pharrell and Anna Wintour knowingly wink at each other each time they meet.

When Prince Harry turns 30, he and Prince William will inherit their mother's wedding dress. That's not slightly creepy at all and here are some ideas for what to do with it: 1) Make 200 placemats. 2) Donate the fabric to a struggling parachute factory. 3) Put it in the attic, never open the box and walk around it without admitting you're walking around it every time you're fetching something else.

Charlie Hunnam explains that the pressure of having signed on to Fifty Shades of Grey gave him a nervous breakdown. On a tangentially related subject, if I see one more person reading that book in public, I will scream and gesticulate until they stop.

Lindsay Lohan is being sued for allegedly stealing someone's idea for a virtual closet app. Her lawyer says, "allegations of any impropriety ... are inaccurate and clearly designed to capitalize on her worldwide recognition as a fashion icon." The lawyer continues, "Yes, I know that description of my client is silly, but she tied me up with a Forever 21 bandage dress and two costume-jewelry chains until I agreed to those words."

Sofia Vergara's ex-Something Something says he's not too upset she's now dating Joe Manganiello, and besides, "I'm sort of conservative, so I like a girl to dress a little classier." That's a real burn and would probably really hurt except HAVE YOU SEEN JOE MANGANIELLO'S ARMS?

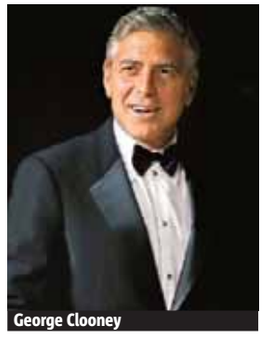
Darryl Hannah

Darryl Hannah, Neil Young making sweet love music

Well ... OK! In the surprising but not actually that surprising when you think about it department, Darryl Hannah and Neil Young are reportedly an item — just a little over a month after Young split from his wife of 36 years. "They've been dating for months. They've taken no effort to even hide it," a source tells People magazine. "They've appeared at many, many protest rallies together over the past year. The fans have known about this for months." Dear lord, if that isn't the most hipster anonymous source quote in history. What, you only just heard about Darryl Hannah and Neil Young now? Loser. Anyway, Young even reportedly took regular Skype notes from Hannah on his recently recorded album and told others in the studio that she is his girlfriend. Because nothing says blossoming romance like a face on a laptop screen critiquing your guitar solos.

George Clooney makes his TV comeback with a cameo on Downton Abbey

Get the extra fainting couches out of storage, Mr. Bates. George Clooney is coming to Downton Abbey. A spokesman for the hit ITV series confirms that Clooney will make an appearance in a short sketch for the annual charity drive Text Santa, airing near Christmas. Clooney will reportedly play a wedding guest, though it may be tough for North American viewers to get a glimpse since the sketch won't air on this side of the pond.

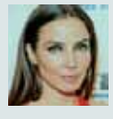


George Clooney

Twitter

@tyrabanks
Models be like, "But my messy hair's high fashion though."

@JuddApatow
My eyebrows are going bald. Do people put rogaine on their faces. Can't I transfer some back hair to above my eyes?



@WhitneyCummings
When you unfollow someone on twitter their phone should make a fart noise

You gotta fight now to save for your right to party after you retire

What's your future plan? Cut costs now to set money aside for a comfortable retirement

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Visit the salon less often and sock away the difference for retirement. COLOURBOX

Imagine you've retired. There. You're done working. Now you have all the time in the world to do all the things you've always wanted to do. You can sleep in late. You can have lunch on the deck, take a stroll to the park, volunteer at your local school or hospital. There's time to knit, time to garden, time to putter around in the workshop or craft-room.

It's nice to paint pictures of what life will be like when we get to the stage where we can do what we want when we want. No more boss. No more nine to five. No more paycheque.

Yeah, that's a fly in the ointment isn't it? It will be if you haven't given any thought to how you'll pay for life when the paycheques stop showing up.

One of the biggest challenges for the young-and-just-getting-started is finding the balance between setting money aside for the future and all the other stuff competing for attention. The student loan has to be paid off, there's a wedding to plan, and a down payment is a priority. Besides, retirement is decades away.

Dollars and per cents

You do have time. Unfortunately, the longer you take to start saving, the more you'll have to sock away. Start in your twenties and you can save as little as six per cent of your income. Wait until you're in your thirties and you'll have to jack it up to 10 per cent. Delay until you're in your forties and you'll need to squeeze 18 per cent out of cash flow to save enough to retire.

Ways to cut costs

Finding ways to cut costs so you have the money to save is as easy as increasing your insurance deductibles. Would you really make a claim on your car insurance for under $2,000? Do you know what that would do to your premiums? Same goes for similar claims on home insurance. Combine your home and auto insurance and save up to 15 per cent. Raise your car insurance deductible to $2,000 and watch your premium drop. Stick the difference into your emergency fund until you've saved your deductible. Once that's done, send the extra money to your retirement savings.

Small changes can add up to big savings

Small changes can mean huge savings over the long term. Switch to an accelerated weekly or bi-weekly payments on your mortgage. You'll make the equivalent of one extra monthly payment every year, which could save you four years' worth of interest. And since that extra payment is spread over the whole year, your cash flow never feels pinched.

If you have kids, don't ignore the free money. When you put money into a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put $2,500 in the plan for little Susie, the feds will add $500. That's an immediate 20 per cent return. Hey, the less you have to fund Susie's education from your own pocket, the more you can sock away for your own future.

Use your RSP tax savings smartly. Pay down your mortgage; the objective should be to get to retirement debt free. Boost your next RRSP contribution so you save even more on taxes. Or use your savings to max out your Tax Free Savings Account.

Get thrifty

Find 10 bucks here and 20 there to sock away each month. Think about extending the time between when you do routine things: Get your hair coloured/cut/relaxed every six weeks instead of every four, cut back on your lawn maintenance/home cleaning service from once a week to once every two. And then there are the frivolities you'll want to eliminate completely: Borrow your books and magazines at the library instead of buying them, borrow DVDs from friends and family, and learn to shop in the thrift stores.

The closer you get to boarding the retirement train, the more prepared you need to be to deal with the changes. Perhaps the best way to save for the future is to practise living as if you're already retired. What better way to see how the retirement shoe fits than to try it on? Figure out how much income you will have and use that to calculate what you'll spend for expenses like food, entertainment, utilities, clothes, gifts, cable/cell, and travel. Use the money you're no longer spending as a last big push to boost your savings for the future.

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Money 101. Two couples, one year to make them richer

Heading toward the savings finish line

In January, two Canadian couples took on the challenge to make over their finances and, together, they have improved their net worth by nearly $75,000. I have coached each couple about homebuying, debt reduction, living a frugal life and making savvy investment choices. These Metro Money Couples have three months left to achieve their 2014 goals. Watch their progress as they head toward the finish line. – *Lesley-Anne Scorgie*

As they continue to save more money, Anne-Marie and Peter's desire to own a home grows stronger. SHUTTERSTOCK

To boost their cash flow this month, Jose will be selling his car. SHUTTERSTOCK

Anne-Marie and Peter

Since January, Anne-Marie and Peter have improved their net worth by more than $44,000 thanks to major efforts towards debt reduction and a strong investment performance.

As the couple has become more financially confident, the desire to own a home has been growing stronger. Ideally, the couple would like to purchase a newer two-bedroom, two-bathroom condo or townhome priced less than $500,000 in the same Toronto neighbourhood in which they currently rent. This will require them to pull together a down payment of at least five to 10 per cent of the value of the home. For a $500,000 home, that equates to $25,000 to $50,000.

Anne-Marie and Peter plan to use the RRSP Homebuyer's Plan for part of the down payment. This program allows eligible first-time homebuyers to borrow up to $20,000 from their individual RRSPs for the down payment. But Anne-Marie and Peter only have $11,400 combined in their RRSPs and will likely need to borrow money from family for the remaining portion. As part of this month's homework, the couple will begin developing a plan to build up their down payment as quickly as possible.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $110,000
- Homework from last month: Meet with a licensed life insurance broker and investment adviser

This month Anne-Marie and Peter began the process of interviewing investment and insurance advisers. In order to find the right adviser, the pair is working through a basic checklist:

• Get referrals from trusted sources;

• Interview at least two to three advisers;

• Inquire about how each adviser plans to manage the investment portfolio and insurance needs;

• Determine the fees and associated level of service;

• Listen to their gut instinct. If the adviser is attentive and has a good track record of success, it's an excellent sign.

Anne-Marie and Peter have also gotten creative about improving their incomes.

Peter works in publishing and is hoping to publish some of his personal literary work in exchange for a publishing advance and royalty payments. Anne-Marie is also considering tutoring children in French once she finishes maternity leave.

Homework

Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Through a home purchase, frugal living and debt repayment, Jose and Carolina have improved their net worth by nearly $30,000 since January.

Hampering their financial excitement, new homeowners Jose and Carolina were victims of Calgary's recent snowstorm. Many tree branches fell on their roof, causing damage and killing their largest tree. Despite insurance coverage, the estimated cost to repair the damage could be upwards of $1,000.

However, since adopting the two-third, one-third rule where the couple regularly applies two-thirds of their disposable income (money left over once all their bills have been paid) towards debt and one-third towards savings, they are in the fortunate position to handle the cost of the repairs.

To boost their cash flow this month, Jose will be selling his 15-year-old car for approximately $1,500 and relying on his company vehicle for transportation. Again, using the two-third, one-third rule, the couple will apply the majority of the money towards their line of credit balance, which is their highest interest debt.

Jose and Carolina continue to explore opportunities to grow their incomes. Carolina has begun advertising her crafting creations through social media and landed her first two presales. She also plans to post online classified ads for piano lessons at $35 per hour. Jose has armed himself with market data on competitive salaries for safety co-ordinator positions in Calgary, and plans to use this information in his upcoming salary review.

Jose is also working through a negotiation for compensation from a photography business of which he was a former partner. Sadly, Jose is learning a huge lesson through this process — without an executed contract that clearly defines roles, responsibilities and compensation, it's unlikely he will receive anywhere near the settlement for which he had been hoping.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $4,100
- Homework from last month: Establish RRSP accounts, review market salaries for Jose's profession, and negotiate compensation for past freelance work

Homework

Begin exploring more investment options.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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How to hold productive office meetings like nobody's business

Let's talk. Eight ways to save time and get more done during a business meeting

LAKSHMI GANDHI
Metro in New York City

Tired of listening to your colleagues yammer on during meetings? Authors Dick and Emily Axelrod say there should be a limit to how long anyone can speak. COLOURBOX

You're at a meeting inside your office's conference room. You most likely feel:

a) bored out of your mind

b) confused as to what the point of the discussion is

c) annoyed that you were pulled away from your desk

or d) a combination of all of the above.

If there's one thing most office workers have strong opinions about, it's unproductive meetings. But despite all of the evidence, little has been done to change the way most companies conduct business. We recently chatted with consultants Dick and Emily Axelrod about their new book, Let's Stop Meeting Like This: Tools to Save Time and Get More Done, and what managers can do to fix common issues.

Stay on track with a schedule

"There should be ground rules for how long anyone can speak," says Emily. Having a designated timekeeper who makes sure things stay on schedule and helps moderate discussions can make a big difference.

Make it a point to get everyone comfortable

"You want everyone to feel connected and have a collaborative space," says Dick. "If there are new people, then you really have to have time for people to get to know each other."

Give everyone a chance to speak

Letting one person dominate a meeting is a recipe for disaster. "One thing to do is to institute a rule that says, 'Before we discuss anything, we should go around the room so that everyone has time to speak,'" advises Dick.

Be clear about the purpose

"It's important to ask, 'What are we trying to create here?'" says Dick. "When you know where you are and what you want to create, you begin to see things that you didn't see before." One big complaint the Axelrods hear about meetings is that they often go off-track, wasting the time and patience of employees. "We had one person say, 'All my boss talks about is his family during the meeting and we have to stay and listen,'" Dick says.

Know what a successful meeting looks like

Managers, says Dick, should work to make sure that employees "leave a meeting feeling that it was time well spent. There should be a little challenge," he continues. "People should feel that they learned something new. What you don't want is a meeting where you're sitting there thinking, 'All of my work is piling up on my desk.'"

Build in breaks so people can check their phones

On the other hand, sometimes there are simply long meetings that everyone must attend. In those cases, Emily recommends working five-to-10-minute breaks into the schedule to ensure that you have everyone's focus while the discussion is going on.

Timing is everything

Do you have a complicated rule change or proposal that you have to roll out soon? "If it's a content-heavy meeting, morning is a good time," says Dick. "Afternoon is the time for meetings that require lots of activity."

Let anyone who seems bored or distracted leave

The Axelrods say they once had a client who made all meetings voluntary because he was tired of dealing with employees who looked distracted or bored or were constantly on their phones. "If he gets the idea that they'd rather be somewhere else, he just asks them if that's the case," says Dick. "He trusts that people know how to manage their time."

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Got a great business idea? Just go for it

Richard Branson. Entrepreneur shares his thoughts on leadership, selling yourself and what's wrong with modern corporate culture

LAKSHMI GANDHI
Metro in New York City

Enjoy your job and trust your workers, Richard Branson advises. GETTY IMAGES

Sir Richard Branson has been an entrepreneur for most of his life, founding the now-famous Virgin Group in 1972 at the age of 22. Since then, the company has expanded to encompass more than 400 companies and has made Branson himself a multi-billionaire.

In his latest book, The Virgin Way: Everything I Know About Leadership, he takes readers through everything from his hiring process to how entrepreneurs can plan their next move. We sat down with Branson to get his advice for young workers.

What's the most important thing for 20-somethings as they start their careers?
You only live once and it's important to spend your life doing something you enjoy and really interests you, and that you'll be really pleased spending your life doing. So if you have a great idea for a business, if you feel you have an idea that can fill a gap and help make people's lives better: try it. Make a go of it.

If you're not entrepreneurially-minded, try to go into a profession where you will get some satisfaction in doing it. Don't do a profession because you're going to make a lot of money in it, and it's horribly dull.

How do you know when the time is right?
If you want to run a business, I'm not sure that it's necessary to spend too many years studying. I think it's better if you get on and do it and learn while doing it. If you have five or six years building a business, rather than studying to build a business, you're five or six years ahead of everyone else.

What are your tips for someone with a great idea who isn't sure how to sell it.
I think that the important thing is to simplify what you're saying and, if you can't explain what your idea is in two or three sentences and excite people by it, I suspect it's not a good idea. That applies to most things you're trying to sell. Keep it simple and clear-cut.

Once you start building your team, how do you know who to hire and trust?
If it's your first business, I suspect you'll have some life-long friends, and it's always good to have friends around you when building a business. I had two or three friends join me in the early days and it was delightful.

Then you just have to interview people and see if they are as passionate about what you do as you are.

You've said you don't read business books. So, it's funny that you wrote one.
Yeah, I haven't read business books; I've glanced at one or two. I think there's too many lists. So, what I've tried to do is write a book that's more readable and tells stories. People can learn from reading those stories.

What do you think is the biggest mistake young entrepreneurs are making?
I think a lot of young entrepreneurs are not good delegators; they try to do everything themselves. What they need to do is get people to deal with the nitty-gritty, free themselves up and think of the bigger picture.

Entrepreneurs sometimes tend to be micromanagers; how do they let that go?
If they trust people, not everything will be done exactly how they would do it, but some things will be done better. And some things won't be done quite as well. If you're good at finding good people, they shouldn't let you down often.

Why do you feel corporations are so stifling of creativity and personality?
It's strange because working for companies should be a fun, pleasant experience and so often, as you say, it is a stifling, boring experience.

People are made to dress in formal clothes — ties and suits. They work out of unpleasant environments and that constitutes their life. It is sad and it often comes down to bad leadership ... If they were good leaders, they would make sure people enjoyed their jobs.

If you had to describe your personality in one or two words what would you say?
I don't take no for an answer. I like to enjoy what I do. I like to create things I'm proud of. I like to surround myself with great people. And I give those people a lot of freedom to create great things.

Ditch the shirt and tie

"Working for companies should be a fun, pleasant experience and, so often, it is a stifling, boring experience ... It often comes down to bad leadership."

Richard Branson, multi-billionaire entrepreneur

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Lessons from the desert

How fallback plans make it easier to quit

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Having a Plan B with any project in life weakens the amount of adversity we can handle.

The simple knowledge that the option exists to abandon what we're doing and try something else opens the possibility of not following the project through to the end.

It saps energy away from our boldness, and shifts the single pursuit to complete our quest to, instead, questioning our commitment.

It lets our imagination more easily justify an early exit, and Plan A failure becomes an option we grow comfortable with.

Along my desert journey, almost half of my friends quit. Some quit while preparing, others while racing.

Those who quit while preparing ended up doing Plan B — another less-demanding event.

But interestingly, most of those who quit while in the desert gutsily ended up returning to do it again. This time, all completed the race. Without Plan B, their redo was bound for success, all unwilling to taste the sour memory of failure again.

We get socialized early on to think of backup options so we'll always have a fallback position in case a project we take on doesn't turn out.

Although such plans act as insurance and can help us sleep better at night, too often they get executed simply because we abandon the original plan too early.

Success is never guaranteed for the projects we take on in life and, to lessen the risks, Plan B has its place.

The question is, will you consider Plan B a success? If not, committing fully to Plan A from the beginning significantly increases the probability of success.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

No turning back

Plan B lets our imagination more easily justify an early exit, and Plan A failure becomes an option we grow comfortable with.

Tackling a tough challenge or project without a fallback position improves your chance of success. COLOURBOX

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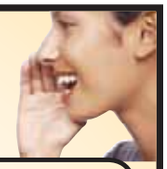

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Evenings: 6 pm to 9 pm (6 Levels)

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Studies have shown that companies can save nearly $2,000 per employee by allowing workers to telecommute. COLOURBOX

Telecommuters. Number of virtual workers to nearly double in two years

Until a few years ago, telecommuting was not considered a realistic option at most companies. But with technological advances like high-speed Internet and smartphones, more and more workers are now putting in a full day's work miles away from a conventional office.

In an editorial for the tech news site Re/Code, Josh Tolan (the CEO of the video interview service Spark Hire) notes that studies have shown that companies can save nearly $2,000 per employee by allowing them to telecommute and that virtual workers also tend to work longer hours than those who go into the office.

A 2009 survey by Consumer Technographics found that 34 million Americans work from home at least some of the time. By 2016, that number is expected to jump to 63 million workers.

As with any dramatic change to company culture, Tolan also points out that hiring for a remote employee can be a little different than what recruiters may be used to. "You need to look for candidates who are motivated, passionate, top-notch communicators, and extremely independent and self-directed," he writes. "You can't hire someone who needs their hand to be held at every step of the process, because mentorship will be significantly harder in a virtual setting." LAKSHMI GANDHI/METRO IN NEW YORK CITY

Stop eating at your desk. Taking a lunch break boosts energy and health

What are you doing for lunch today? If you are like most workers, you'll be eating at your desk — which isn't much of a break from your day at all. Studies have shown that only one in five American employees actually take a true lunch break.

"I've found that it's common for people to brag about how they're too busy to eat lunch. And when they do eat, it's at their desks, while staring at a screen," writes Forbes contributor Ruchika Tulshyan.

That's in sharp contrast to other countries like Singapore, where the midday meal break is considered sacred.

There are several reasons you should take full advantage of your lunch break. As Tulshyan points out, breaks are good for productivity and eating while you are distracted may not be great for your health. There are other advantages as well: Taking even a 15- to 20-minute break can improve both your concentration and energy levels throughout the afternoon.

So get out and enjoy some sunshine during your next lunch hour. Your work will benefit from it. LAKSHMI GANDHI/METRO IN NEW YORK CITY

Brain power

Learning possible while you sleep

French researchers have discovered that rehearsing simple word classifications up until the moment we nod off leads to the brain continuing such exercises during sleep. "We show that the sleeping brain can be far more active in sleep than one would think," says Sid Kouider of Ecole Normale Supérieure in Paris. "Far from falling (into) a limbo when we fall asleep, parts of our brain can routinely process what is going on in our surroundings and apply a relevant scheme of response." The study, conducted with the University of Cambridge, draws on previous research indicating complex tasks such as speech processing can be completed in a state of unawareness. AFP

Active interest

Morning exercise class a gym dandy idea for kids

Finnish researchers have found that significant physical activity can increase boys' academic performance, and a study out of Michigan State University and the University of Vermont concludes that providing aerobic exercise classes in the morning could reduce symptoms of ADHD in school and at home, suggesting that such programs could increase concentration for all children.

Previous studies have indicated an association between exercise and improved cognitive function, and a U.S. study out this past week supports the thinking that exercise has a positive effect in the classroom. AFP

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FLASH FOOD

From your fridge to your table in 30 minutes or less

By the end of the summer, it may feel like you've exhausted cooking up plain old grilled chicken on the barbecue.

Liven up your poultry by trying this delicious peach glaze with ripe grilled peach halves.

Always be sure to cook chicken right through until the internal temperature reaches 165 F. I like to use an electronic temperature device, which saves you from having to open and close your barbecue hood, keeping the temperature consistent.

It's best to start brushing the glaze over top when the chicken is close to finished cooking to prevent the meat from burning or catching fire.

When it comes to selecting peaches for grilling, I recommend freestone peaches rather than the clingstone, as they are easier to separate from the pit when slicing and are delicious when eaten on their own.

This recipe serves six. ROSE REISMAN

Ingredients

Peach Glaze
- 1 cup peach jam
- 1 1/2 tbsp olive oil
- 1 tbsp light soy sauce
- 1 tsp Dijon mustard
- 1 tsp chopped garlic
- 1 tsp minced jalapeno
- Salt and pepper

For the Grill
- 6 boneless single chicken breasts
- 3 ripe peaches cut in half, pit removed

Garnish
- 1 tsp toasted sesame seeds

Directions

1. Combine all ingredients for glaze in small bowl. Divide in half.

2. Brush chicken with half of the glaze.

3. On barbecue, grill chicken breasts just until temperature reaches 165 F or no longer pink inside, about 15–20 minutes, brushing continually with glaze near the end of the cooking time.

4. During the last 5 minutes of grilling, place peach halves on barbecue and grill on both sides just until tender.

5. Serve chicken with grilled peaches and remaining half of peach glaze. Garnish with toasted sesame seeds.

Nutritional information

Per serving:
- **Calories.** 430
- **Carbohydrates.** 42 g
- **Fibre.** 1 g
- **Protein.** 28.2 g
- **Total fat.** 5.5 g
- **Saturated fat.** 0.4 g
- **Cholesterol.** 68 mg
- **Sodium.** 77 mg

Small tomatoes, big taste

Different coloured small tomatoes, either teardrop or grape, are perfect for an (almost) autumn bruschetta.

They match well with the flavours of the olive oil, goat cheese and garlic. Serve them alongside a salad, soup or main course.

You can bake your toast early in the day, then finish off the recipe just before serving.

Ingredients
- 6 slices baguette or loaf (1/2-inch thickness)
- 1 cup teardrop tomatoes (red and yellow)
- 1/3 cup softened goat cheese
- 2 tsp olive oil
- 1 tsp minced garlic
- Salt and pepper

Garnish
- Fresh basil, chopped

1. Preheat oven to 450 F.

2. Place baguette on baking tray sprayed with vegetable oil.

3. Bake for 8 – 10 minutes or just until browned.

4. Sauté tomatoes on high heat for 5 minutes or just until beginning to blister. Place in bowl along with olive oil, garlic and salt and pepper.

5. Spread goat cheese over baguette slices

6. Divide tomato mixture over top and sprinkle with fresh basil.

ROSE REISMAN

This Coloured Tomato Bruschetta with Goat Cheese recipe makes six slices. ROSE REISMAN

4 SPORTS

Child abuse charges

Peterson keeping distance from the Vikings

Adrian Peterson did not accompany the Minnesota Vikings to the stadium on Sunday for the game against the New England Patriots. The star running back is keeping his distance in the wake of child abuse charges that prompted the Vikings to deactivate him for the game.

Peterson was indicted on Friday and flew to Houston early Saturday morning to turn himself in. He was booked and released and returned to Minnesota.

Peterson has acknowledged that he used a tree branch to discipline his four-year-old son. Peterson's lawyer says his client did not intend to harm the boy. THE ASSOCIATED PRESS

CFL

Ticats rough up Durant-less Riders

Zach Collaros and the Hamilton Tiger-Cats created a three-way tie for first place in the CFL's East Division on Sunday.

Collaros threw two touchdown passes and the Tiger-Cats defence shut down the league's best running game en route to a 28-3 victory over the Saskatchewan Roughriders.

Hamilton (3-7) moves into a three-way tie for first in the East with Toronto and Montreal, which both lost this weekend.

And Saskatchewan, missing injured quarterback Darian Durant, saw its league-best winning streak end at seven games.
THE CANADIAN PRESS

Seahawks crash into unwelcoming Gates

Chargers upset defending champs.
San Diego tight end's three TD catches give Seattle its first taste of defeat since December

Chargers tight end Antonio Gates catches a pass for a touchdown against the Seahawks' Kam Chancellor on Sunday in San Diego. HARRY HOW/GETTY IMAGES

The San Diego Chargers used an old, familiar combo — Philip Rivers to Antonio Gates — to upset the defending Super Bowl champion Seattle Seahawks.

Gates had three touchdown catches, including a spectacular one-handed grab, and the Chargers controlled the tempo to keep Russell Wilson and Marshawn Lynch off the field to beat the Seahawks 30-21 victory Sunday.

The 34-year-old Gates scored on catches of eight, eight and 21 yards.

The 21-yarder was epic, as the star tight end split two defenders and extended for Rivers' pass, reaching out with his left hand to gather it in. Flat on his back in the end zone, he held up the ball to show the referee he'd made the catch that gave San Diego a 27-14 lead late in the third quarter.

The three touchdown receptions tied Gates' career high. Rivers was 28 of 37 for 284 yards.

Seattle was efficient when it had the ball, but it just didn't have it enough. The Chargers dominated time of possession on a steamy afternoon in San Diego.

The Chargers (1-1) had blown an 11-point fourth-quarter lead and lost its opener Monday night at Arizona. Seattle (1-1) had nine days to prepare after an impressive 20-point opening victory against Green Bay.

After Gates' third scoring catch, Wilson moved the Seahawks 70 yards, capping the drive with a 14-yard touchdown throw to Marshawn Lynch to pull to 27-21.

Seattle turned the ball over on downs on its 10 in the closing minutes and San Diego's Nick Novak kicked his third field goal, from 28 yards, with 16 seconds left.
THE ASSOCIATED PRESS

Around the league

Redskins 41, Jaguars 10. Robert Griffin III dislocated his left ankle and DeSean Jackson sprained his left shoulder in the first quarter, then Kirk Cousins stepped in. He completed 22 of 33 passes for 250 yards and a pair of touchdowns Sunday in Washington's romp past Jacksonville.

Browns 26, Saints 24. Billy Cundiff's 29-yard field goal with three seconds left helped the Browns snap a nine-game losing streak in home openers and gave rookie coach Mike Pettine his first NFL win.

Patriots 30, Vikings 7. Tom Brady and the Patriots took advantage of Matt Cassel's four interceptions. Brady went 15-for-22 for 149 yards and a touchdown, while Chandler Jones returned a field goal he blocked for a touchdown right before halftime.

Jays good, bad and ugly in loss to Rays

Blue Jays second baseman Ryan Goins dives to cut off a throw from the outfield against the Rays on Sunday in Toronto. ABELIMAGES/GETTY IMAGES

A Toronto season filled with surprise and disappointment was neatly summed up Sunday afternoon in a 6-5 10th-inning loss to the Tampa Bay Rays.

The Blue Jays have managed to shine and sputter in 2014. On Sunday, they did both.

Trailing 5-4, Toronto was down to its last strike when pinch-hitter John Mayberry Jr. hit a solo home run to send the game into extra innings.

Adam Lind's three-run homer in the eighth off Rays reliever Grant Balfour had started the comeback.

On Sunday

6	5
Rays	Blue Jays

The Toronto offence had been neatly handled for seven innings by Tampa starter Chris Archer, who struck out nine and allowed just one run — a homer by Edwin Encarnacion — on three hits.

But after doing the hard work in the eighth and ninth, the Jays laid an egg in the 10th.

Reliever Brandon Morrow (1-3) put Toronto in a hole leaving men on first and third with no outs for left-hander Brett Cecil. Cecil loaded the bases and Myers later scored on Sean Rodriguez's sacrifice fly.

The one run was enough for Tampa (72-78) as Brandon Gomes and Jeff Beliveau, with his first career save, combined to blank Toronto in the 10th.
THE CANADIAN PRESS

Americans dunk another one

Repeat as world champions. A three-pointer festival to crown 63rd straight win; and that's without Durant, Kobe, LeBron...

And just like every other game, the Americans did it easily.

Kyrie Irving made all six three-pointers and scored 26 points, and the U.S. repeated as world champion for the first time by crushing Serbia 129-92 on Sunday in the Basketball World Cup.

James Harden added 23 for the Americans, who made 11 of 16 3-pointers in a sensational-shooting first half, adding one final romp to a tournament full of them.

This depleted team that was supposedly weak enough to lose was too good to be touched.

"Obviously we didn't have a very close game all tournament, but for that to happen we had to play hard for 40 minutes and not relax and not give any inch while we were out there," guard Stephen Curry said.

The Americans were supposed to have All-Star forwards Kevin Durant, Kevin Love and Blake Griffin, who all informed USA Basketball not long before the tournament that they would be unavailable.

"It kind of was, again, a smack to our face, saying the U.S. was sending the B-team to go play in the World Cup," forward Kenneth Faried said.

The U.S. has won 63 straight games, 45 in official FIBA events and 18 in exhibition play.

LeBron James, Durant, Carmelo Anthony and Chris Paul might want to return for that. But the Americans will have to leave room for some players from this team, which has loads of young talent that figures to get even better from the time it spent together.

The Americans, are now tied with Yugoslavia for the most all-time titles with five each. And the second for Derrick Rose, who used this tournament as his return after missing most of the last two seasons following a pair of knee surgeries, along with Stephen Curry and Rudy Gay.

It was the first medal for Serbia, which had been a part of Yugoslavia when it won five. The Yugoslavians had been the last repeat champions, winning in 1998 and 2002.

The Serbians had routed previously unbeaten Greece and Brazil before building a big lead and holding on for a 90-85 semifinal victory over France, which had beat them in the group stage and knocked out co-favourite Spain in the quarters.

THE ASSOCIATED PRESS

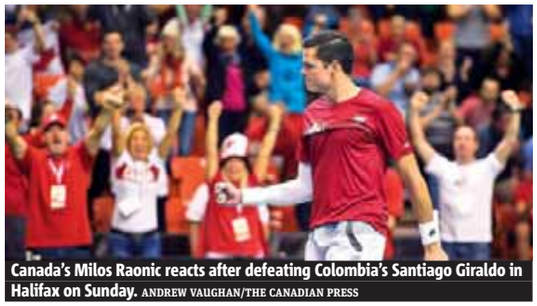
In Madrid

U.S.A.	Serbia
129	92

- It's the fifth world title for the United States.
- The Americans are now automatically qualified for the 2016 Olympics in Rio de Janeiro.

metro AR United States players celebrate their victory after winning the final of basketball World Cup against Serbia in Madrid, Spain, Sunday. The U.S. routed Serbia by a 37-point margin. The Americans came in winning by 32.5 points per game and their closest victory in the tournament was by 21 points over Turkey. In the final, the U.S. team finished at 58 per cent from the field and had eight of their 12 players score in double figures. Scan the above photo with your Metro News app to view a gallery of the U.S. win in Spain. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Raonic does his duty, Canada alive in Davis Cup



Canada's Milos Raonic reacts after defeating Colombia's Santiago Giraldo in Halifax on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Milos Raonic did just what was expected of him.

The Thornhill native won both his singles matches in a playoff tie with Colombia, including the clinching match on Sunday, as Canada stayed in the Davis Cup World Group for the fourth straight year.

Raonic, No. 7 in the ATP singles rankings, beat Santiago Giraldo 6-1, 7-6 (2), 7-5 in front of a spirited crowd at Halifax Metro Centre. The win gave Canada a 3-1 lead in a best-of-five tie, securing Canada's spot in the World Group for 2015.

"I knew I wasn't playing my best tennis, probably at B-plus level at the very best," said 24-year-old Raonic. "But I am extremely happy the way I competed in both matches, and giving Canada a deciding point in a tie for the fifth time."

Raonic won deciding points against Mexico, South Africa, Spain and Italy.

"I was struggling a little bit in the second set, but decided to put an extra pressure on Giraldo by serving and attacking the net as often as possible."

"I don't think that Milos was in danger even if he had lost that second set," added Canadian coach Martin Laredeau. "He was serving well, and played aggressively, so I was confident he could win for us."

Canada will learn its opponent in the 2015 World Group on Sept. 18 when the ITF will have the draw in Dubai.

THE CANADIAN PRESS

Spain relegated

Thomaz Bellucci defeated Roberto Bautista Agut 6-4, 3-6, 6-3, 6-2 to give Brazil an unassailable 3-1 lead over Spain in a Davis Cup World Group playoff on Sunday, dropping the five-time champions to the zone groups for the first time since 1996.

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FIFA officials got luxury watches from Brazil's FC

FIFA has acknowledged that its executive committee members were given luxury watches by the Brazilian Football Confederation at the World Cup and says its ethics committee is "dealing with the matter."

Britain's Sunday Times reported the Swiss watches were worth $28,000. FIFA's ethics rules forbid gifts of more than symbolic value.

THE ASSOCIATED PRESS

Over QPR

Man U's hires deliver 4-0 win

Manchester United ended its winless start to the Premier League season in emphatic fashion on Sunday, beating Queens Park Rangers 4-0 to show just what a summer spending spree of 150 million pounds ($270 million) can deliver.

Angel Di Maria and Ander Herrera scored their first goals for United and Radamel Falcao had a 23-minute run-out as a sub for a debut.

THE ASSOCIATED PRESS

Wayne Rooney, centre, celebrates his goal with teammates Ander Herrera, left, Marcos Rojo and Angel Di Maria at Old Trafford on Sunday. ALEX LIVESEY/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The final piece of a puzzle you have struggled with will fall into place over the next few days. Once you can see the entire picture, you will know why it took so long to make sense.

♉ Taurus
April 21 - May 21
While something may seem obvious to you, others may struggle to understand what you are talking about. Explain in plain and simple language.

♊ Gemini
May 22 - June 21
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun.

♋ Cancer
June 22 - July 23
According to the planets you should follow a course you have navigated profitably before rather than set out in a new direction. There is no need for any type of major change.

♌ Leo
July 24 - Aug. 23
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

♍ Virgo
Aug. 24 - Sept. 23
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. Come the end of the week it will make sense.

♎ Libra
Sept. 24 - Oct. 23
Try not to criticize yourself. If you made a mistake of some kind then learn from it quickly and move on. Today's failure can be tomorrow's success.

♏ Scorpio
Oct. 24 - Nov. 22
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but the bottom line is they have the power and you do not.

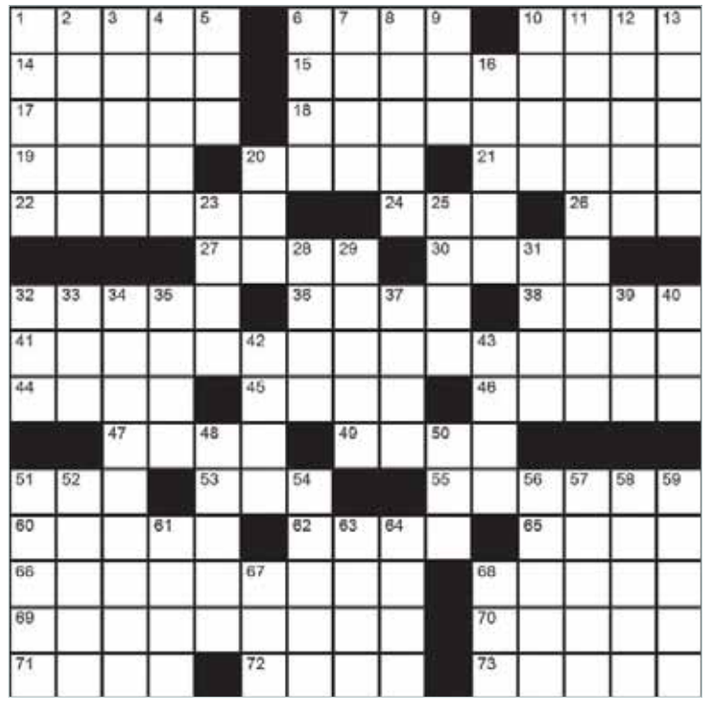
♐ Sagittarius
Nov. 23 - Dec. 21
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? Don't let others tell you it's selfish to think that way. It's just common sense.

♑ Capricorn
Dec. 22 - Jan. 20
Why are you worrying for no good reason? Planets suggest that nothing will happen without your say-so, so try not to be so defensive about life.

♒ Aquarius
Jan. 21 - Feb. 19
Don't be judgmental of people whose lifestyles differ from your own. Maybe the world would be a better place if everyone was just like you but that isn't going to happen.

♓ Pisces
Feb. 20 - March 20
You need to resolve a dispute with a loved one or co-worker and you need to do it right now. Say sorry and move on.

Crossword: Canada Across and Down by Kelly Ann Buchanan



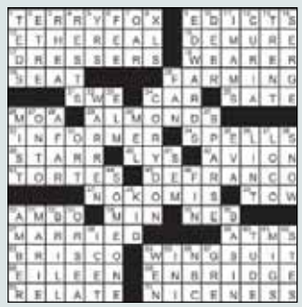
Across

1. Toronto-born singer, Melanie __
6. Writer Ms. Tarbell's
10. Does in, hitman-style
14. Diplomatic delegate
15. 'John Hancock' is a famous one
17. Aristocracy
18. American fashion store opening this week in Calgary
19. Stand-up Mr. Cook
20. Piece from a pine
21. __ scheme (Investment fraud)
22. Where to eat lingonberry jam
24. Denzel Washington movie, "The Book of __" (2010)
26. Y-ending word's plural suffix
27. Complication
30. Genuine
32. Waters: Spanish
36. Many
38. Toss
41. Men Without Hats hit: 4 wds.
44. __-dieu (Prayer bench)
45. __ Saint-Luc, QC
46. Roman roads
47. Biblical mount
49. Pluses
51. Meditation sounds
53. High sch. math
55. #34-Down's comedy duo partner Mr. Marin
60. Some tomatoes
62. Russian river
65. Low-lying area
66. __-rich foods (Kefir, sauerkraut and miso soup, as examples)
68. Muffin alternative
69. Hit by #1-Across that goes "...to know how much I really love you...": 3 wds.
70. Pretty perfect
71. No: Russian
72. Tinted
73. Actress Laura's

Down

1. Nourishes
2. Groom's new relative
3. Pertaining to sheep
4. Esteemed
5. Nautically nae-not
6. Money Object link: 2 wds.
7. Singer of early-'60s hit "The Wanderer"
8. Harmonize
9. Audio [abbr.]
10. Sgt. Snorkel's comic strip dog
11. Canadian companies The Brick and Leon's sell it
12. Was overcome by stage fright
13. 18-wheelers
16. "A Dandy in __" (1968 spy movie)
20. Wolf Blitzer's network
23. Gas station name
25. __-majeste (High treason)
28. Moreover
29. "Something's __ Give" (2003)
31. Riot
32. Smartphone purchase
33. Half of Chef Ramsay's name
34. 1978 comedy starring current season of "Dancing with the Stars" Canadian comedian Tommy Chong and #55-Across: 3 wds.
35. James __ (Pulitzer-winning writer)
37. Afterwards...
39. Camera type, commonly
40. CFL feats
42. Environmental sci.
43. Hope
48. Herb type
50. Caesar's 650
51. "Should I wear the necklace __ __?" (Jewellery-owner's query)
52. Jerry's dad on "Seinfeld"
54. Brave
56. Duck
57. Gung-ho
58. Tidy
59. FOX's "__ Kitchen"
61. Somewhat: 2 wds.
63. Cold crystally coating
64. Perfected
67. Bygone
68. Tender

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3		9		1	7			2
	2		3					6
	1		5				9	
2							3	
		8	9		1	4		
	6							8
	5				6		7	
8					3		5	
4			2	5		1		

Friday's Sudoku

4	8	1	2	6	9	5	3	7
7	3	9	4	5	8	2	1	6
6	2	5	1	3	7	9	8	4
2	5	3	9	1	4	7	6	8
9	4	8	3	7	6	1	5	2
1	6	7	5	8	2	3	4	9
3	9	2	8	4	1	6	7	5
8	1	6	7	2	5	4	9	3
5	7	4	6	9	3	8	2	1

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